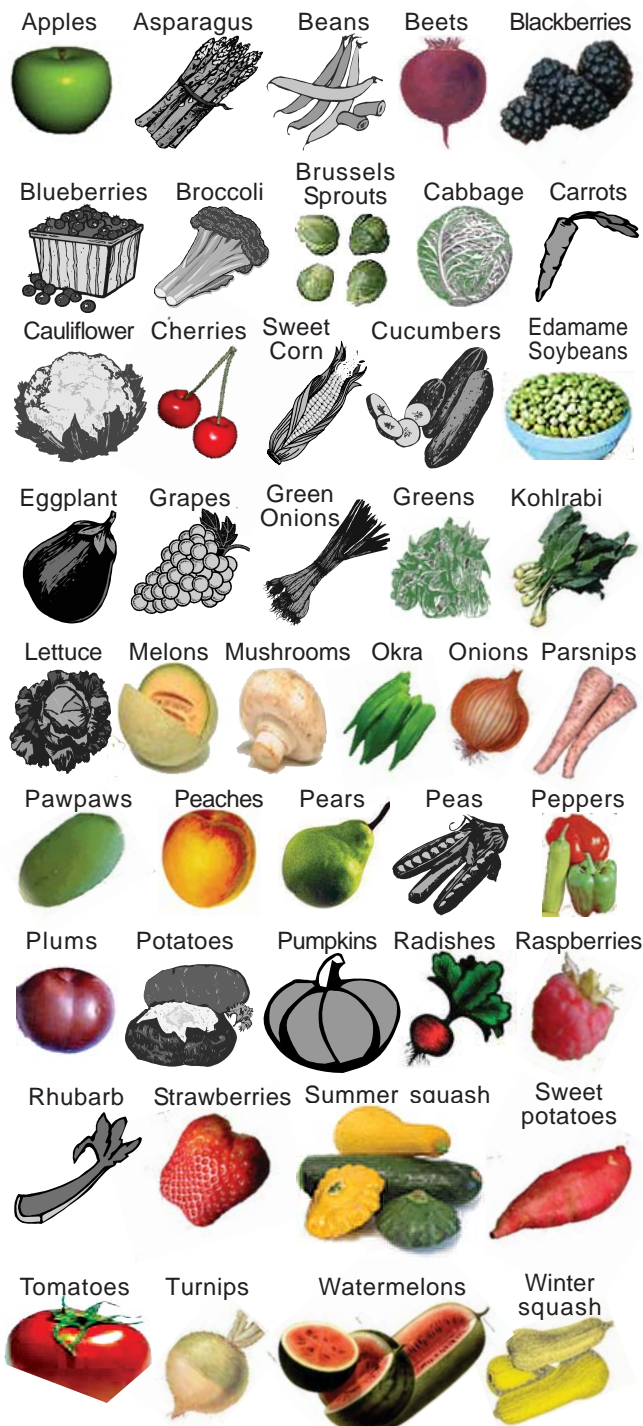


## How to use your Kentucky Farmers' Market Nutrition Program (FMNP) vouchers

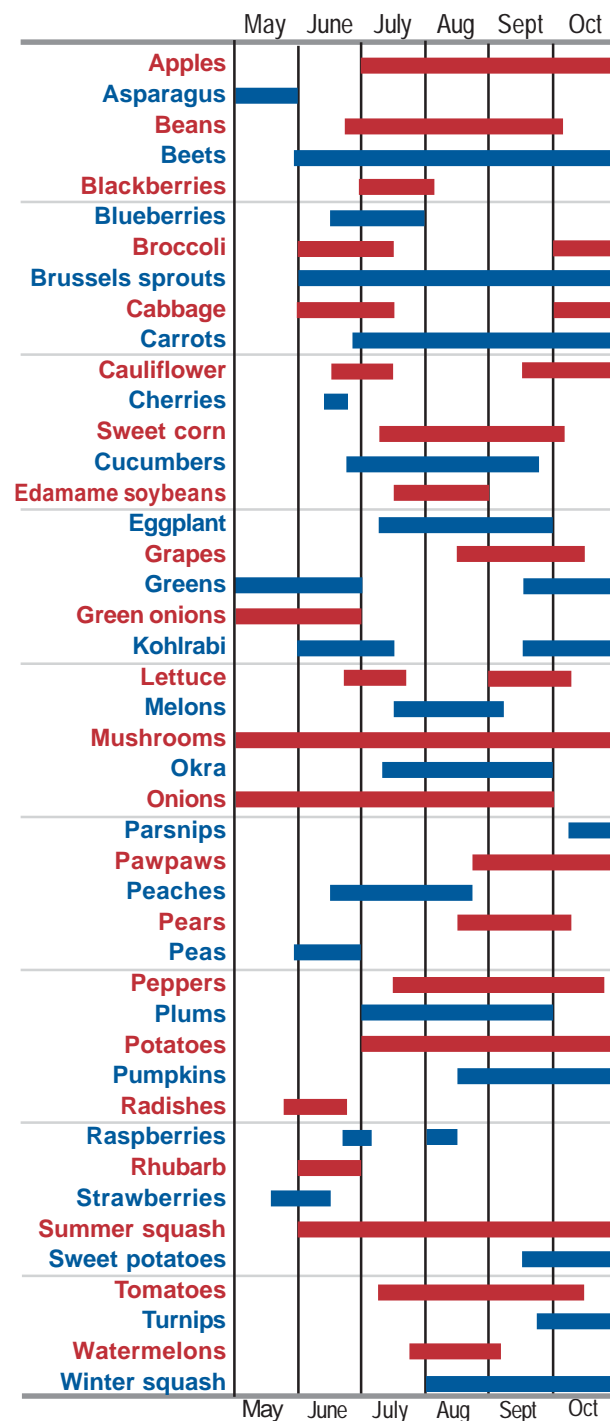
- Use your vouchers only at **approved** farmers' markets. A list of approved farmers' markets is available when you receive your vouchers, and is on line at [www.kyagr.com](http://www.kyagr.com) under Farmers' Markets.
- Remember: Grocery stores and other produce stands do **not** accept the vouchers.
- Each voucher is worth \$4 (four dollars). Ask the farmer to help you select \$4 worth of food. If you do not spend the entire \$4, you do not get change back.
- Use the vouchers to purchase fresh fruits and vegetables from the list of eligible Kentucky foods in this brochure. Only these food items may be purchased with your vouchers.
- Processed products, including jams, jellies, breads, meats, eggs, cheese, honey, nuts, and flowers, **can not** be purchased with your FMNP vouchers.
- Vouchers must be signed at the time of purchase.
- FMNP vouchers cannot be replaced if lost, stolen, or destroyed.
- All purchases must be made by the dates indicated on the voucher.
- Farmers, health departments, and cooperative extension agents have recipes and tips on preparing fresh fruits and vegetables.

## Eligible foods



Plus the following cooking herbs: basil, chives, cilantro, oregano, thyme, sage, parsley, and garlic.

## When Kentucky fruits and vegetables are available



## STRAWBERRY SMOOTHIE

- 1 pint strawberries
- 3 cups ice cubes
- 1/2 cup nonfat vanilla yogurt
- 1/2 cup orange juice

Place all ingredients in blender except 1-1/2 cups ice cubes. Blend on high until smooth. Add remaining ice and blend until smooth. Makes 3-4 servings. Each Smoothie provides one serving of fruit.



### What is a “serving”?

The USDA Food Guide Pyramid recommends 5 to 9 servings of fruits and vegetables every day. Getting 5 to 9 servings is easier than you think.

A “serving” equals ...

- One medium size fruit
- 1/2 cup raw, cooked, frozen or canned fruits (in 100% juice) or vegetables
- 3/4 cup (6 oz.) 100% fruit or vegetable juice
- 1/2 cup cooked, canned, or frozen legumes (beans and pasta)
- 1 cup raw, leafy vegetables
- 1/4 cup dried fruit

## For more information

about Kentucky products and the Farmers' Market Nutrition Program, contact the  
Kentucky Department of Agriculture  
Office of Consumer and Environmental Protection  
Division of Food Distribution  
107 Corporate Drive, Frankfort, KY 40601  
Phone (502) 573-0282  
Online visit [www.kyagr.com](http://www.kyagr.com)



**WIC Program • (800) 462-6122**  
<http://publichealth.state.ky.us/wic-program.htm>  
or your local Health Department

**Programs for Seniors**  
Division of Aging Services **(502) 564-6930**  
or your local Senior Citizens' Center

**UK COOPERATIVE EXTENSION SERVICE**  
University of Kentucky – College of Agriculture  
<http://www.ca.uky.edu/agcollege/fcs/>  
<http://www.ca.uky.edu/gardenbasket/kyfoods.html>  
or your local County Extension office

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or handicap.

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

The Kentucky Department of Agriculture does not discriminate on the basis of race, color, national origin, sex, religion, age or disability in employment or the provision of services. Reasonable accommodations for disabilities are provided upon request.



## Kentucky Farmers' Market Nutrition Program



**Kentucky  
Department  
of Agriculture**  
A Consumer Protection  
And Service Agency  
Richie Farmer, Commissioner